

SP *Class* TLIGHT

Yin Yoga and Chinese Meridian Theory

Embracing profound stillness!



KPY continues its Spotlight Class series with this special 2.5 hour session on **Yin Yoga and Chinese Meridian Theory** taught by Jo Phee, one of the first certified Yin Yoga teachers in Asia. Over the years, Jo has been instrumental in initiating hundreds of students to the mindfulness practice of Yin Yoga.

Embrace a practice of profound stillness and energy replenishment:

Learn about the Meridian Theory, which has been at the centre of Traditional Chinese Medicine for centuries and is the basis of Acupuncture, its main healing technique.



By learning to stimulate the meridians in areas where there may be deficiency, excess or stagnation of the Qi, we replicate the effects of the Acupuncture practice, without the use of needles!

This workshop is open to all levels of practitioners. Jo will begin with a lecture on the theory behind Yin Yoga followed by a 90-minute Yin practice and a guided relaxation session.

Spotlight Classes are workshop style taught by external experts with greater teacher / student interaction to aid learning.



- **Venue:** Laguna Park Studio
- **Cost:** \$50 (or a stamp and \$30)
- **Time:** 10:30 am to 1:00 pm
- **Date:** Sunday, 18 March

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